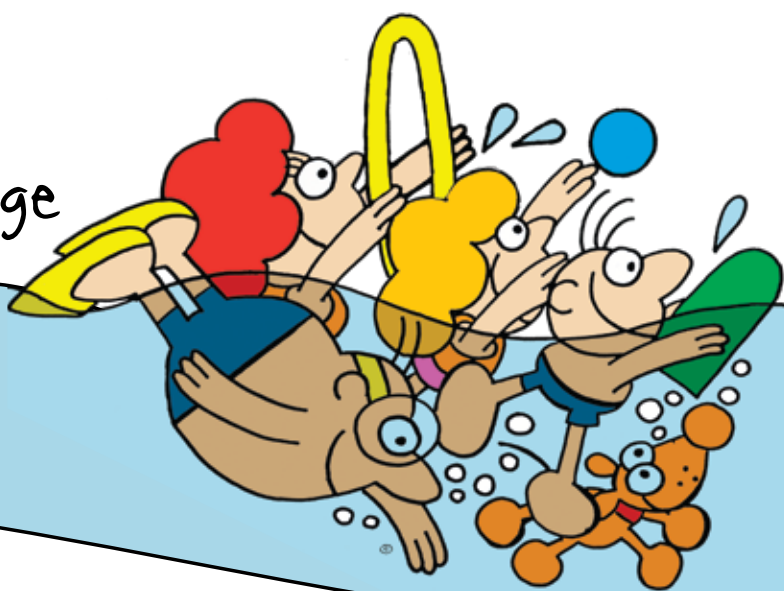


2010 be active Aquatic Team Challenge



Newsletter 1

Welcome!

Congratulations for taking up the challenge and being a part of this year's be active Aquatic Team Challenge. We would like to say a big thankyou to our sponsors shown below, this event would not be possible without their support.

By now you should have all received your swim passes and allocated swim times. These passes allow you access into the centre. Please be patient at the first swim as this is always the most congested. This will ease as the weeks progress.

	Week 1 7-9am or 11.30am-1.30pm	Week 2 7-9am or 11.30am-1.30pm
Swim 1	April 29	May 6
Swim 2	May 13	May 20
Swim 3	May 27	June 3
Swim 4	June 10	June 17
Swim 5	June 24	July 1
Swim 6	July 8	July 15
Swim 7	July 22 Pres Day	July 22 Pres Day

Procedure for the Event

Please arrive a few minutes prior to your allocated swim time to get ready. When you arrive and are ready to swim:

1. Go to the cap table to receive your cap and lane number
2. Report to the recorder of your lane number & give them your name, team number and distance that you are swimming.
3. 30 seconds prior to start time, enter the pool slowly and carefully. NO DIVING! Please be aware of other swimmers who have already started swimming.
4. When instructed, start swimming, keeping to the left of the lane in both directions. The recorder will make note of the distance that you complete.
5. Complete your swim. You will be given a warning to let you know you have '1 lap to go' and once you have completed your final lap, you will need to leave the pool by the side directed to you by your recorder. Watch out for other swimmers.
6. The recorder will have noted your finish time and the distance achieved.
7. Remove your cap and place it in the bowl of disinfected water.



Your Swims and your Team

Swim 1 – This swim establishes each individual's base performance. No points are scored this week.

Swim 2-6 – Points are earned during these weeks by adding the four best individual scores in each team. You earn points as an individual each week by improving your swim time. If you are unable to complete your nominated distance you will earn points by increasing the laps completed up to your nominated distance.

Swim 7 – A fun swim relay competition on presentation day.

Things to keep in mind when swimming

- Keep to the left side of the lane at all times
- If someone taps you on the feet, stop and let them pass
- You will be allocated an appropriate speed lane: Slow, Medium/Fast, Fast
- Be considerate of other swimmers around you
- No diving
- ...Have fun!

Be Active Tip

Why should we all be active? Regular physical activity can:

- Improve self image and self esteem
- Encourage better sleep, lower stress and anxiety levels and reduced feelings of depression
- Decrease likelihood of developing heart disease, stroke, type 2 diabetes, prostate and breast cancer
- Improve blood pressure, cholesterol levels and aerobic fitness
- Provide social benefits to the community such as increased participation in community groups, better family relationships, and a decrease in crime and anti-social behaviour resulting from boredom

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